MOVE!

Managing
Overweight/Obesity for
Veterans Everywhere

NCP

VA National Center for Health Promotion and Disease Prevention

Office of Patient Care Services

VISN 23

- 5 state region including Iowa, Nebraska, South Dakota, North Dakota and Minnesota

Objectives

- What is MOVE!
- Why HealthierUS Veterans
- What direction is Health Promotion and Disease Prevention Moving

MOVE! Overview

- A national weight management program to help veterans lose weight, keep it off and improve their health.
- *NIH Identification and Treatment of Overweight and Obesity in Adults – Evidence Report* (1998)

The MOVE! Program is:

- Multidisciplinary
- Comprehensive
- Evidenced-based
- Individually tailored
- Stepped care
- Population-based program

MOVE! Implementation:

- PHASE I – 2003-2004. 17 pilot sites for feasibility study
- PHASE II – 2004-2005. Full scale early implementation at VISN’s 2, 8, and 23
- PHASE III – January 2006. National implementation target date

MOVE! Program Details

- LEVEL 1. Initial computerized questionnaire. Telephone self-management support
- LEVEL 2. Weekly multi-disciplinary group classes.

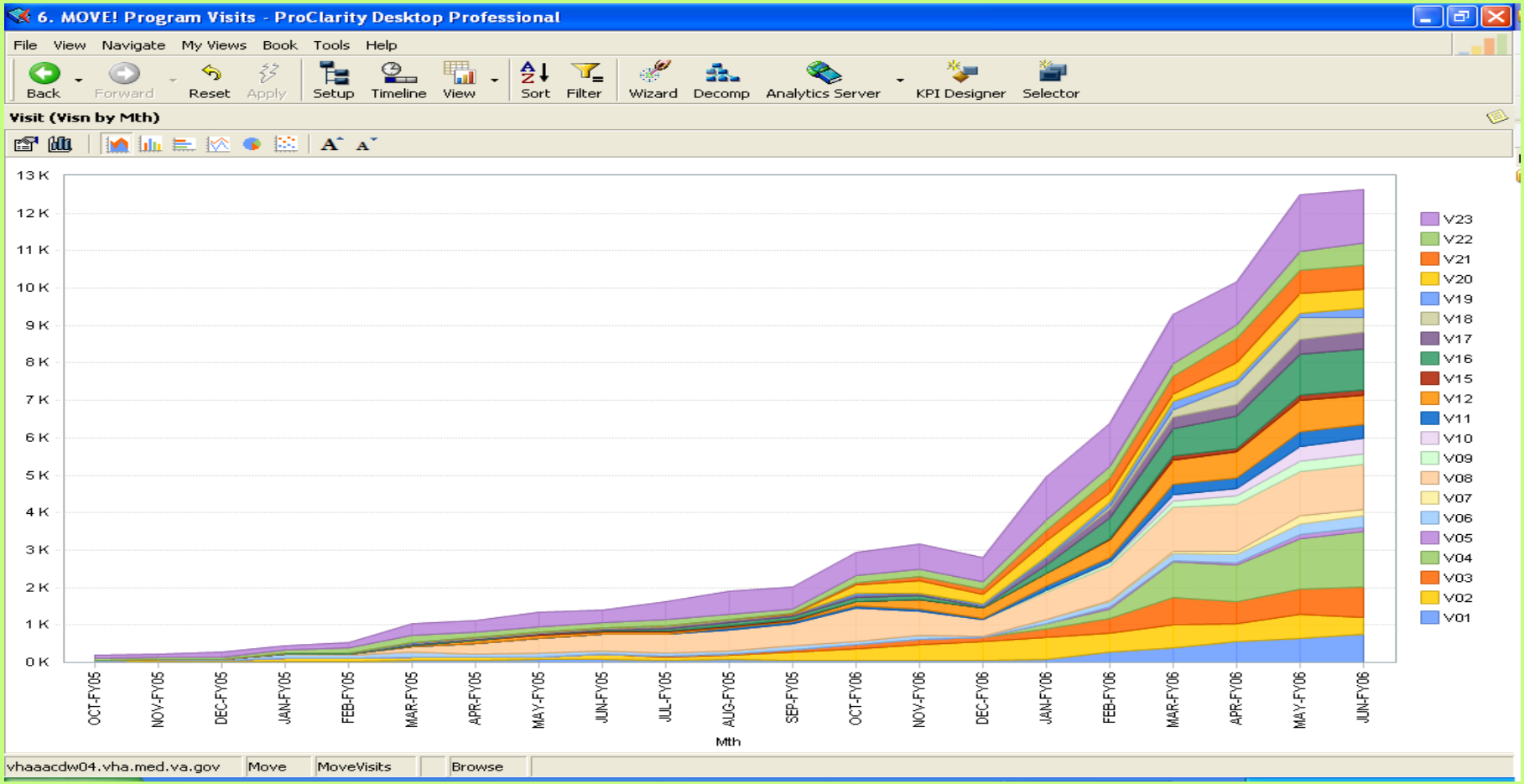
MOVE Program Details

- LEVEL 3. Addition of weight control pharmacological agents
- LEVEL 4. Admission to an inpatient weight control program
- LEVEL 5. Consideration for bariatric surgery.

MOVE! Update:

- VHA Handbook
- MOVE! stop codes
- Waiving the co-payment
- 105 patient education handouts
- EES web based training with CE credit
- Toolkits were sent out
- Pedometer Clinical Practice Recommendation

MOVE! Evaluation:


6. MOVE! Program Visits - ProClarity Desktop Professional
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vhaaacdw04.vha.med.va.gov
Move
MoveVisits
Browse

MOVE Enrollment Data VISN 23

- Enrolled in MOVE 1: 35%
- Enrolled in MOVE 2: 65%
- Beginning BMI: Average 40.9
  (weight in pounds = 278)
- Weight loss in pounds = 12#

VISN 23 Data

- OVERWEIGHT: 82,239
  BMI: 24 – 29.9
- OBESITY: 83,996
  BMI: ≥ 30
- TOTAL: 166,235

Weight Management Problem

- Veterans show higher levels of Overweight and Obesity than general population.
- Obesity rapidly overtaking smoking to become the leading cause of Veterans health problems.
- American Veterans are more likely to have Diabetes.

PARTNERSHIP

- VA Weight Management Council Members: VHA, DOD, HHS
- Obesity Clinical Practice Guideline: Joint DOD/VA is still under review.

HealthierUS Veterans

- Joint VA and HHS Diabetes and Obesity Initiative.
- Educate veterans, their families and communities about health risks of diabetes and obesity.
- Focus is to improve health of the nation by healthier eating and moving more.

Why HealthierUS Veterans

- Overweight and Obesity and their associated health problems have a significant economic impact of the U.S. health care system.
- Research studies show that Overweight and Obese individuals are at increased risk for many health conditions, and the foremost is diabetes.

Overweight and Obesity Risks

- Type 2 Diabetes
- Insulin Resistance
- HTN
- CAD
- Gallbladder disease
- Gout
- Osteoarthritis
- Obstructive sleep apnea
- Cancers: breast, prostate and colon
- Poor female reproductive health
- Psychological disorders

What is HealthierUS Veterans

- Includes 5 components:
  1. Fit for Life Veteran Volunteer Corps
  2. Steps to a HealthierUS
  3. MOVE!
  4. Prescription for Health

- “I find the great thing in this world is not so much where we stand, as in what direction we are moving.”

  -Oliver Wendell Holmes, Jr.

References

- vaww.move.med.va.gov
- www.move.med.va.gov
- www.healthierusveterans.va.gov
- www.nchpdp.med.va.gov